



# Mishawaka Communicator



*Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.*

Mishawaka, Indiana

Jeff Rea, Mayor

October 2009

## A Letter from Mayor Jeff Rea

Dear Friends and Neighbors,

Part of our City's mission is to promote the quality of life for all of our citizens. In order for each of us to have a good quality of life we must be healthy. There has been a lot of information on the news recently regarding this upcoming flu season. It is important for each of us to be knowledgeable and **learn** as much as we can about the prevention and treatment of the flu to protect ourselves and our family. That is why we are dedicating this month's Communicator to providing information and resources to help all of us be better informed.

It is important to remember that we all rely on each other to stay healthy and to not spread germs.

But it is also very **simple** if we just remember to follow a few healthy habits:

- Cover your mouth and nose when coughing or sneezing
- Clean your hands often
- Remind your children to practice healthy habits

The National Center for Disease Control states that, which is one of our main sources for information for this month's Communicator states that: "this flu season (2009-2010), there are more uncertainties than usual because of the emergence of a new 2009 H1N1 influenza virus (previously called "novel H1N1" or "swine flu") that has caused the first influenza pandemic (global outbreak of disease) in more than 40 years."

To learn more or for further and continued important information on the flu and other important topics that will improve the quality of life for you and your family please visit any or all of the following websites: the National Center for Disease Control at :[www.cdc.gov](http://www.cdc.gov); Flu.gov: [www.flu.gov](http://www.flu.gov); the Indiana State of Health website: [www.in.gov](http://www.in.gov), or the St. Joseph County Health Department's website [www.stjosephcountyindiana.com](http://www.stjosephcountyindiana.com).

*Mayor Jeff Rea*

## Calendar Of Events

Kamm Island Oktoberfest  
Saturday, October 10th  
12:00pm - 10:00PM  
Must be 21 years or older



Blood Pressure Testing  
Tuesday, October 6th  
Tuesday, November 3rd  
Battell Center

Blood Sugar Testing  
Tuesday, October 20th  
Tuesday, November 17th  
Battell Center



"The Ballad of Sweeney Todd"  
October 22nd, 23rd, & 24th  
Battell Center Auditorium



Battell Community Center "Silver Bells"  
Saturday, November 7th  
9:00am—3:00pm



"A Merry Como Christmas, Singin'  
and Dancin' into the Holidays"  
November 6-7th, 13-14th, 20-21st  
Battell Center Auditorium



## Don't Catch The Flu!



*Wash  
your  
hands*



*Sneeze  
into  
your  
sleeve*



*Stay  
home  
if you  
are sick*

## Germ and Children

Remind children to practice healthy habits too, because germs spread, especially at school.

The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools. Influenza is not the only respiratory infection of concern in schools -- nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.



United States  
**Census  
2010**

- April 1, 2010 -

"It's In Our Hands"

St. Joseph County, Indiana

# CDC Says "Take 3" Actions To Fight The Flu



## 1. Take Time To Get A Flu Vaccine

- CDC recommends a seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against 2009 H1N1.
- A [new vaccine against 2009 H1N1](#) is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection
- People at greatest risk for 2009 H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.



## 2. Take Everyday Preventative Actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)



## 3. Take Flu Antiviral Drugs If Recommended

- If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu.
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- For treatment, antiviral drugs work best if started within the first 2 days of symptoms.
- Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.